

ABSTRACT

Saputri, Yurika Nabila. 2024. The Effect of Education Using Flash Cards Media on the Level of Knowledge about Fruit and Vegetable Consumption of Class V Students at SDN Tunjungsekar 03 Malang City, Skripsi, Kemenkes Poltekkes Malang Program Studi Sarjana Terapan Promosi Kesehatan, Supervisor I : Dr. Farida Nur Halis DK, S.Kp., M.Pd., Supervisor II : Tavip Dwi Wahyuni, S.Kep, Ns. M.Kes

Fruit and vegetable consumption in Malang City is relatively low at 15.5 grams/capita/day or only meets 4% of the World Health Organization recommendations (Malang Health Office, 2016). Consuming fruit and vegetables is very important for children, especially during their growth and development period. If you don't consume fruit and vegetables, you are at risk of developing diseases such as abnormal blood pressure and cholesterol levels, constipation and obesity, diabetes, coronary heart disease, various types of cancer, nutritional deficiencies and dementia. One of the influencing factors is knowledge. The research was to determine the level of knowledge about fruit and vegetable consumption before and after treatment and to determine the effect of flash card media on the level of knowledge about fruit and vegetable consumption. This type of research is quantitative research using the Pre-Experimental Design One Group Pre-test Post-test method with the Wilcoxon Test in hypothesis testing. Sampling was carried out using the Total Sampling technique with a total of 45 respondents. The mean pre-test value of respondents' knowledge was 71.40% and the mean post-test value was 91.56%, getting a significance value (p value) of 0.000 or $p < 0.05$. According to the results of the analysis, it can be concluded that there is an influence that occurs before and after being given treatment regarding fruit and vegetable consumption for class V students at SDN Tunjungsekar 05, Malang City. Researchers hope that this research can continue with Health Education using flash cards so that elementary school students continue to know about increasing fruit and vegetable consumption.

Keywords : Knowledge, health education, flash cards, fruit and vegetables